



MANAGING THE CONSEQUENCES OF DRUG ADDICTION THROUGH COUNSELING

Dr. Priyanka,
Assistant Professor, Psychology,
Government Girls P.G. College,
Magra Punjala, Jodhpur, Rajasthan.

ABSTRACT

Drug addiction is a big problem for all age groups today. Addiction affects people in a devastating way and results in big problems or severe psychological anxiety for drug addicts. This phenomenon influences every level or category of human society, but it is more common among the young generation. Drug addiction is a major contributing factor to numerous social crimes, and it has an accelerating effect on the eradication of values related to education, culture, morality, and family. Furthermore, a person who is addicted may commit serious or even minor crimes with the intention of obtaining and abusing drugs. As a result, young people are becoming more habitual with this addiction. Drug addiction has symptoms such as excessive desire for the substance, lack of control over its use, and continued dependence on the substance despite its negative consequences. One of the evidence-based treatments for drug addiction is counseling, which, in addition to having a personal impact, can promote change in drug addicts. It is a concept that has been used in a wider context, ranging from providing advice to structured therapeutic techniques. Counseling can help patients to learn the skills for stopping alcohol abuse and avoiding relapse. It also helps in learning positive habits and changing life for the better. The main purpose of this study was to highlight the effectiveness and efficiency of counseling therapy in the management of drug use problems in young people and the elderly.

Keywords: Drug addiction, consequences, management, Counseling,

INTRODUCTION

One of the biggest psychological problems in the world is drug use because it affects not only the body and mind of the person using drugs, but also the way they get along. Among the health and medical problems, this is one of the most devastating and costly. Addiction causes changes in the brain and stimulates cells in the reward center. Drug addiction has symptoms such as excessive desire for the substance, lack of control over its use, and



continued dependence on the substance despite its negative consequences. Addiction is a complex disease that is not only physical but also emotional. It is not enough to treat one part of the addiction and ignore the other parts. The main characteristics of drug use are cognitive, behavioral, and physical symptoms that indicate that the person continues to use the substance despite ongoing problems (APA, 2013). Therefore, drug addiction is also considered a significant problem in society as it affects consumers' physical and mental health and other aspects of their lives (professional, financial, educational, social, etc.). (Becona, 2016; Becona and Cortes, 2016; Das et al., 2016; Kourgiantakis and Ashcroft, 2018; UNODC, 2020).

Drug addiction is a major contributing factor to numerous social crimes, and it has an accelerating effect on the eradication of values related to education, culture, morality, and family. Furthermore, a person who is addicted may commit serious or even minor crimes with the intention of obtaining and abusing drugs. As a result, young people are becoming more habitual with this addiction. One of the evidence-based treatments for drug addiction is counseling, which, in addition to having a personal impact, can promote change in drug addicts. Counseling improves motivation for recovery. As a substance abuser, an addict may resist entering addiction treatment because they are ambivalent about stopping substance use. Through the motivational interviewing modality of treatment, patients are encouraged to stop abusing and to take positive steps forward. Counseling can also involve those closest to you in treatment activities. Family members are well informed about addiction issues and participate in counseling sessions, which can have a positive impact on addicts' recovery. Counseling can help patients learn the skills for stopping alcohol abuse and avoiding relapse. Cognitive-behavioral therapy helps addicts understand the reasons for craving alcohol and teaches them to cope with cravings. They also learn how to cope with difficult feelings and situations that may trigger relapse. Addiction counseling also helps to understand the roots of addiction and learn to deal with and recover from the changes addiction makes to the brain. Counseling builds self-esteem, identifies co-occurring mental issues and illnesses.

The need for drug addiction counseling.

Drug abuse disorder is much more than physical dependence on drugs or alcohol. Even after detox, the risk of relapse is high when your body is inactive. Some psychological and social



factors, such as environmental factors such as stress, visiting neighbors, socializing, and spending time with friends who continue to drink, can increase the strength of addiction. These conditions can create long-term effects that require repeated use. Therefore, counseling is the most valuable instrument for confronting this disease. It helps to overcome drug addiction through learning to manage life without alcohol or drug use. Counseling services are available to everyone. It can help those with various mental health issues in addition to severe emotional problems. Numerous individuals have attempted to interpret the term “counseling” in various ways. This is a widely accepted idea that has been applied to a variety of situations, from giving advice to using formal therapy techniques.

A counselor works with a client to explore feelings, thoughts, and concerns in order to look at solutions that will help the client reach their goals. Four crucial phases—relationship development, comprehension and investigation, problem solving and termination, and follow-up—help achieve these objectives. Numerous models, including the medical model, the alcoholic anonymous model, the narcotic anonymous model, and the therapeutic model, have been proposed to address substance abusers. Counseling is effective in those cases where early detection and evaluation are followed by pre-detoxification counseling. Counseling plays a crucial role once the client acknowledges their issue. Through counseling, a client’s understanding of the issues will grow, denial may have to be overcome, and then the client will cooperate in counseling. For many people, counseling is the backbone of drug addiction. Addicts can benefit from behavior therapy, family counseling, group counseling, and other therapies. Psychotherapy can also treat other mental health conditions often associated with substance abuse.

Casarella (2021) suggested different types of counseling available to treat substance abuse problems.

Cognitive-Behavioral Therapy

CBT, or cognitive behavioral therapy, may be beneficial for addiction. CBT teaches addicts how to identify the thoughts, feelings, and situations that lead to drug cravings. Doctors advise on how to prevent this. Drug addicts learn to replace negative thoughts and feelings with healthy ones, which helps them stay clean. The skills learned can last a lifetime, so this is great therapy. But not all doctors are trained in cognitive behavioral therapy.



Group Counseling

Group counseling is often better than individual therapy. In group therapy, addicts get competition and support from friends in recovery. A counseling group is a way for friends in recovery to share advice and for others in recovery to share their experiences. One of the best things about such programs is that they show that recovery is possible and that addicts are joined by others who have overcome addiction.

Contingency Management Therapy

This therapy can give abusers a great motivation to help with the cleanup. Coupons for products and services or policies at many limited medical facilities.

Couples and Family Therapy

Addiction not only affects individual's life but also changes the whole family. Recovery is better when relationships with family and friends are improved. Therefore, couples and family counseling involves talking to their spouses and other family members.

Motivational Counseling

In the motivational counseling method, the therapist tries to motivate addicts and help them stop using drugs or alcohol.

Dialectical Behavior Therapy

The goals of dialectical behavior therapy, or DBT, are change and acceptance. DBT was started in the 1970s to treat suicidal people and has now been adapted for other uses, including substance abuse. When treating drug use problems, the emphasis is on limiting drug use and the behaviors that lead to drug use and encouraging healthy behaviors (such as developing relationships) that will help patients avoid drug use.

CONCLUSION

The empirical evidence accumulated in the last decade and reviewed in the present study indicates that the incorporation of counseling in the treatment of substance abuse produces benefits by diminishing consumption and improving life for the better. Counseling is the most frequently used drug abuse treatment. One who is presently addicted and wants to get rid of it should immediately contact a counselor and get aware of the importance of counseling for recovery, and this early intervention is better. Counseling can support those individuals who are addicted to drugs in different ways, and it can be applied to other



types of addiction treatment, such as meditation, yoga and medication. A drug addiction counselor will change an individual's thinking, habit, attitude and change the harmful pattern of behavior with the help of cognitive behavior therapy. Counseling modifies life for the better and enhances confidence and positive self-image. Gain freedom from negativity. In essence, counseling is one of the most important aspects of successful addiction rehabilitation, in which counselor use their experience, expertise, time, and energy to assist individuals' substance use problems.

REFERENCE

American Psychiatric Association. (2013). Diagnostic and Statistical Manual of Mental Disorders: DSM-5, Vol. 10. American Psychiatric Association. Google Scholar

Ashcroft R.E.(2018). Euthanasia and the nature of suffering in addiction. *Addiction* vol. 113, (7) 1183-1184.10.1111/add.14130
<https://qmro.qmul.ac.uk/xmlui/handle/123456789/31437>

Becona, E., & Cortes, M. (2016). Manual de adicciones para psicólogos especialistas en Psicología Clínica en formación. Sociodrogalcohol. Google Scholar

Das, J. K., Salam, R. A., Arshad, A., Finkelstein, Y., & Bhutta, Z. A. (2016). Interventions for adolescent substance abuse: An overview of systematic reviews. *Journal of Adolescent Health*, 59(4), S61–S75.

Kourgiantakis, T., & Ashcroft, R. (2018). Family-focused practices in addictions: A scoping review protocol. *BMJ Open*, 8(1), 1–5.

Casarella, J. (2021). Counseling and Substance Use Disorders, *WedMD*

United Nations Office on Drugs and Crime (UNODC). (2020). World Drug Report 2020. Drug use and health consequences. Retrieved from https://wdr.unodc.org/wdr2020/field/WDR20_Booklet_2.pdf Google Scholar